

# KEY QUESTION:

## How can I stay fit and healthy?

This fun task is linked to elements of the National Curriculum including PSHE/ PDMU/ Health and Wellbeing and Physical Education. Further links can be made to the *Every Child Matters Outcome Framework (2008)*.

### Resources

- iPod/CD player
- a rhythmic piece of music.

### Desired learning outcomes

- Pupils will be able to recognise and name parts of the body.
- Pupils will understand how to reduce their chances of getting ill (with particular reference to being healthy and keeping active).

### What to do

Gather your pupils together in a space large enough for them to move without touching anyone or anything else and where they can see you.

Choose a part of the body and demonstrate a variety of movements – eg arms and hands flapping, waving, wriggling etc. Ask pupils to copy you. After a few examples, choose some representatives to demonstrate a body action for others to copy. Finally, encourage them to put all the actions together to make a dance.

Next, tell your pupils that you are going to play the same game again with music. You can choose to play the game this time without making any noise at all.

Explain that being active every day will help you avoid getting ill.

For further ways to raise heart rates, awareness and funds all at the same time, then why not sign your class up for **The Big Sports Day** (our fabulous fundraising event for young people) and feel good to know that every penny raised will help the two million adults and children living with cancer in the UK? For more information, visit [macmillan.org.uk/schools](http://macmillan.org.uk/schools) or call **0845 601 1716**.

(If pupils are affected by cancer, either directly or indirectly, you can order our publication, *Talking to children when an adult has cancer* from [macmillan.org.uk/publications](http://macmillan.org.uk/publications). Alternatively, call our cancer support specialists on **0800 808 00 00** (Monday to Friday, 8am to 9pm).)

[www.macmillan.org.uk/schools](http://www.macmillan.org.uk/schools)